**Chloe Blue Lower**

**Food Information**: These are approximate times for feedings. They may vary day to day. She should be working on drinking some formula from a cup with meals. She should have 12 ounces of milk during the day. One 6 ounce bottle in the afternoon and the other 6 ounces can be divided between meals and a smaller morning bottle. Please do not prop her up to have her bottle.

* 8:00 – Breakfast (2 tablespoons of cereal with 1 tablespoon of fruit or veggie), formula
* 12:00pm – Lunch (1 container of fruit/veggie/protein meal), formula
* Afternoon Bottle of 6 ounces (Formula 1 scoop for 2 ounces of water)

I am also introducing table food so if you feel it is appropriate you may feed her other things besides her baby jar food. Examples: bananas, rice cakes, mashed potatoes, cooked and mashed vegetables, etc

**Nap Information:**

* **Morning Nap:** Between 9:00am and 10:00am goes down for morning nap with her Binky and a blanket. She has been fussy lately going down. I usually rock her for a little bit and then set her down in her crib while she is still awake. I have been letting her cry herself to sleep. The first time she cries I usually go in and give her her binky back if she lost it. If she continues to cry, I will let her cry for no more than 10 minutes and then go in and lay her back down (she is usually sitting up) with her binky and rub her back for a little while. Sometimes just having your hand on her back or chest will calm her and she will fall asleep. Please do what you are comfortable with. I have a hard time letting her cry it out but sometimes that is the only way she will fall asleep.
* **Afternoon Nap**: Between 2:00pm and 3:00pm depending on length of morning nap and activities for the day. This is usually a fairly short nap and sometimes she doesn’t take on at all.

**Quirks:**

* She likes to be held and is used to a lot of one on one attention. This situation may be an adjustment for her.

**Short Term and Long Term Goals and Dreams:**

* Good and nutritious eating habits. I want her to be able to try a variety of foods. I have been keeping with jar food for my other sitter because she found it easier. If you want fresh food let me know and I will bring some.
* Please read to her, sing with her, and talk back to her when she talks. Language development is very important.
* She is crawling and is trying to pull herself up onto furniture. She has taken a few bumps from falling. I think she will get the hang of it fairly soon.
* Ability to get along with other children. I wanted to put her in an environment with other children because she is an only child. I want her to be able to get along with other kids and interact in a positive manner.
* Please use positive reinforcement when she is doing it right and redirection when she is not. NO SPANKING, SLAPPING or HITTING!!

**ETC:**

* I don’t want her to have her Binky throughout the day. I am keeping it for nap times. If she is really cranky or not feeling well and that is the only thing that will sooth her then you may give it to her. I just don’t want her to have access to it all day. It makes her mouth break out and I know it is going to be hard enough to take away as is. ☺
* If she makes a mess of her clothes you may just send them home dirty or throw them in the wash if you are washing Espn’s clothes. She has not had an allergic reaction to any laundry detergent. Don’t feel like you have to wash them but I know my other sitter worried about her laundry detergent. Whatever is easier for you.
* She sometimes breaks out in a rash (or gets dry spots) on her mouth when she is teething and drooling a lot. I will leave an ointment for her that works to put on her face.
* I also give her teething tablets if she seems to be in pain and really cranky from teething. Please just follow dosing instructions on label.
* She can take infant Tylenol.
* You may text me (360-7151) throughout the day if you have a question. I have breaks between classes and will check my phone and that is an easy way if you have a quick question or concern.
* Please do not leave Chloe with anybody else unless we have discussed it prior. I will most likely have my dad or sister watch her if you are on vacation or sick.